



City of Somerville

December, 2021

Council on Aging News

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Dear Friends,

Greetings from the Council on Aging! As we traverse through this month of celebration and prepare to ring in the New Year, we also take pause to reflect on the past year.

When I look back on 2021 I will think of the many wonderful connections and outreach that occurred over the past 12 months. This year was one like no other as we continued programming originated by the pandemic. We greeted so many during our lunch drive thrus and learned together with our virtual music education programming. Our virtual programs continued as we simultaneously re-opened our doors to in person programming. We were once again able to exercise together, create masterpieces during craft sessions and enjoy musical and cultural programming through generous programming sponsored by the Arts Council.

2021 also allowed for COA staff to visit so many right at their residencies, whether we were there to assist with COVID-19 clinics or to celebrate during the Mayor's Mini-Celebrations with lunch handouts and ice-cream sundaes!

As we prepare to enter 2022 we move forth incorporating the lessons learned from the past, while maintaining our goal to bring innovative programming to our community.

The Council on Aging staff looks forward to welcoming you to our centers today and throughout the new year!

~Ashley

Social Services



Through case management, brief interventions and referrals, the Social Service team is able offer options for those seeking assistance. Throughout the year our Social Workers are able to:

Coordinate Educational Events and Seminars: Develop citywide events to promote senior health, independence and continued living in the community. *Examples include: Housing Fairs, Driving Symposiums and events focused on Navigating Grief.*

MassHealth Assistance: Assist with applying for MassHealth, MassHealth renewals and MassHealth Buy-In programs.

Health Insurance (SHINE) Counseling: Our Social Workers are State Certified SHINE counselors, meeting with individuals to navigate the transition to Medicare and are able to review an individual's prescription coverage on a yearly basis.

Case Management: Facilitate One on One meetings to provide assistance to families and caregivers seeking help for their loved ones.

Volunteer Opportunities: Older adults can share of themselves and their wisdom and friendliness with the seniors of Somerville in multiple ways. Our Social Workers coordinate a variety of opportunities that best fit their interests and schedules.

Group Support Opportunities: Our Social Workers lead multiple therapeutic and social groups. *Examples include: Caregiver Support, Bereavement, Low Vision, Hoarding Reduction.*

Community Outreach: Social Workers hold general office hours in senior housing buildings and senior centers throughout Somerville.

Medical Equipment Loan Program: Connect low-income seniors to needed medical equipment.

Food Scarcity Resources: Social Workers can provide assistance with SNAP and Brown Bag applications and referrals to local food pantries. Our Holland St. location serves as a DTA Kiosks Location.

Dementia Friendly Programing: Social workers host a Memory Café for participants with cognitive decline and their loved ones and hold monthly integrated music programming for those living with long term illness.



**If you would like to connect with a social worker,
call us at 617-625-6600 extension 2317!**

Nutrition with Mary Marshall

Every week, whether on Zoom or in person, the COA host general nutrition classes where we discuss various topics to help create a healthy lifestyle. A healthy diet includes a lot of natural foods. A sizeable portion of a healthy diet should consist of fruits and vegetables, especially ones that are red, orange, or dark green. Whole grains, such as whole wheat and brown rice, and, for adults, dairy products should be non-fat or low-fat.

When we are together, in class, these topics are brought to light with the participation of the members. We learn through class topics but also through class sharing. We are all seasoned and come from a variety of cultures—our lived experiences are always encouraged to be shared with all!

Together we learn how food affects the health of the body, provides vital nutrients for survival and helps the body function and stay healthy. Most importantly, we learn that food brings people together, whether we are learning or dining.

Please join us for our Nutrition Classes:

Zoom class on Mondays at 11:00am

In person at Ralph and Jenny, Mondays at 12:30pm

Wednesday at Holland Street at 10:00am

For more information or to share any of your ideas, please contact Mary Marshall at Headtofitness10@yahoo.com or 617 625-6600 ext. 2316

Health and Wellness

A great way to keep moving and stay strong!

Participants in the Fit-4-Life Exercise Program focus on strength, balance and flexibility to support their health and energy for all parts of their lives. Working at their own pace, participants in each 45 minute class use hand weights, ankle weights and body weight exercises to keep themselves moving and strong. The social piece of our program isn't so bad either! If your New Year's resolution is to move more, stay strong and feel connected, consider joining one of the Fit-4-Life Exercise classes—we can't wait to see you!

In-person Classes: Every Monday and Wednesday at 9:00am and 11:00am

Virtual Classes: Every Monday, Wednesday and Thursday at 1:00pm.
LGBTQ class Thursday at 6:30pm





Join us for our ongoing programs!



Mental Health Awareness Series	December 14th from 11:30am-12:30pm Meets Via Zoom	RSVP to Natasha at 617-625-6600 ext. 2317 or email nnaim@somervillema.gov
Yoga	Tuesday, December 7th and December 21st 10:00am In person at the Holland Street Center	RSVP to Chris at 617-625-6600 ext. 2315 or email ckowaleski@somervillema.gov
Book Club	December 17th from 10:00am-11:00am. In person at the Holland St. Center and via Zoom	RSVP to Natasha at 617-625-6600 ext. 2317 or email nnaim@somervillema.gov
Caregiver Check-In	December 21st from 11:30am-12:30pm Meets via Zoom	RSVP to Natasha at 617-625-6600 ext. 2317 or email nnaim@somervillema.gov
Indoor Fit-4-Life Exercise Class	Every Monday and Wednesdays at 9am and 11am Meets at the Holland St. Center	RSVP to Chris at 617-625-6600 ext. 2315 or email ckowaleski@somervillema.gov
General Nutrition Classes	Every Monday at 12:30pm at the Ralph and Jenny Center Every Wednesday at 10:00am at the Holland St. Center	RSVP to Mary at 617-625-6600 ext. 2316 or email her at headtofitness10@yahoo.com
Game Day	Every Monday from 9:00am-10:00 am at the Ralph and Jenny Center	RSVP to Maureen at 617-625-6600 ext. 2335 or email mbastardi@somervillema.gov
English Conversation	Every Monday from 10:00am-11:00am at the Ralph and Jenny Center	RSVP to Maureen at 617-625-6600 ext. 2335 or email mbastardi@somervillema.gov
Music and Munch	Wednesday, December 15th and December 29th at 12:00pm. Meets via Zoom	RSVP to Debby at 617-625-6600 ext. 2321 or email dhiggins@somervillema.gov
Walking Club	Every Friday; meets outside of the Holland St. Center at 9:30am	RSVP to Chris at 617-625-6600 ext. 2315 or email ckowaleski@somervillema.gov





Bowling	Wednesday from 9:00am-11:00am at Flat Bread Pizza in Davis Square	RSVP to Debby at 617-625-6600 ext. 2321 or email dhiggins@somervillema.gov
Bingo	Tuesdays at 10:00am at the Ralph and Jenny Center Thursdays at 10:00am at the Holland St. Center	RSVP to Debby at 617-625-6600 ext. 2321 or email dhiggins@somervillema.gov
Men's Group	Second Tuesday of the month at 10:30am at the Holland St. Center	RSVP to Norbert at ndeamato@hotmail.com
Project Outlook	Meets the second Tuesday of the month from 5:30pm - 7:30pm at the Holland St. Center	RSVP to Claudia at 857-237-1801
Arts & Crafts	December 17th at 10:00am at the Ralph & Jenny Center	RSVP to Debby at 617-625-6600 ext. 2321 or email dhiggins@somervillema.gov
Marcus Santos & Grooversity Global Drumming Network	December 8th and December 14th at 10:00am at the Ralph & Jenny Center December 21st at 11:30am at the Holland St. Center	RSVP to Debby at 617-625-6600 ext. 2321 or email dhiggins@somervillema.gov
Monthly Drive Thru Lunch	December 20th at 10:30am - 12:00pm at the Ralph & Jenny Center	RSVP to Connie at 617-625-6600 ext. 2321 or email clorenti@somervillema.gov
Grab & Go Lunch	Tuesdays at 12:00pm at the Ralph and Jenny Center Thursdays at 12:00pm at the Holland St. Center	RSVP to Debby at 617-625-6600 ext. 2321 or email dhiggins@somervillema.gov
Brown Bag Supplemental Food Program	December 16th	Contact Natasha at 617-625-6600 ext. 2317 for an application.
Music and Movement	December 16th 4:00pm at the Holland St. Center	Contact Debby at 617-625-6600 ext. 2321 or email dhiggins@somervillema.gov



Marcus Santos from **Grooversity Global Drumming Network**

Additional dates added due to popular demand!

Wednesday, December 8th and Tuesday, December 14th at **10:00am**

at the **Ralph & Jenny Center**

Tuesday, December 21st at 11:30am at Holland Street

Join us for an interactive senior friendly body movement show.

Marcus will lead this hands-on interactive, multicultural show showcasing a friendly body movement adaptation of traditional rhythms and dances from different countries. The audience becomes part of the show that includes the use of body movement, technology and cultural diversity awareness.

Grab n' Go Lunch available following the performance



*To join the fun, please RSVP to Debby at 617-625-6600 ext. 2321
or email dhiggins@somervillema.gov*



**Boost your mood by joining us for one of our interactive
music enrichment programs!**

Listening to music can help to heighten our positive emotions as music helps to stimulate the release of dopamine in our brains. Music can also evoke vivid memories and emotions by reminding us of the times in our life when we first listened to the tune.

Music and Movement with Steve Gintz

Join Steve as he plays guitar, sings and leads gentle movements. Just tapping your toe or singing along can help move your body in new ways.

Thursday, December 16th at 4pm at the Holland St. Center

Music and Munch

Join us online via Zoom or by phone to learn, sing-along, relax and enjoy some music while you munch.

***Wednesday, December 15th and December 29th at 12:00pm.
Meets via Zoom***

Prevention Corner from Somerville Prevention Services

Methamphetamine, commonly referred to as meth, is often not talked about as much on the east coast as other substances, although it has ravaged the middle and western parts of the United States. However, we are currently seeing the presence of meth consumption increase here in Massachusetts, particularly in the greater Boston area. With that, Somerville Prevention is leading local efforts with neighboring communities to assess meth use and educate individuals about how to understand, recognize, and respond to a potential meth-related overdose as well as reduce stigma.

Here are some important facts to know:

1. Meth is a powerful, highly addictive stimulant that affects the central nervous system by speeding up activity in your body.
2. A meth-related overdose looks **very** different from an opioid-related overdose since opioids act as depressants that slow down your central nervous system. Overdose signs include:
 - a. Increased body temperature with hot, flushed, and/or sweaty skin
 - b. Increased wakefulness & physical activity (including spasm or jerky movements)
 - c. An altered mental state, particularly psychosis
 - d. Severe agitation, panic, or paranoia.
3. Best interventions for a meth-related overdose are still being researched. However, it's important to 1.) call 911 for emergency assistance, 2.) move or ensure a quiet, safe, place for the individual, 3.) try to reassure if the individual is feeling confused or panicked, & 4.) try to cool down their body if overheating.

If you have any substance misuse concerns, please call the Massachusetts Substance Use Helpline for assistance at (800) 327-5050.

Did You Know?

Somerville Prevention partnered with the cities of Medford, Cambridge, and Framingham to assess the current use of meth use in the greater Boston area. We interviewed over forty key stakeholders and our research will be written up in a report that is expected to be finalized by the end of this month. If you have any questions about meth use and/or any other substance misuse prevention efforts, please reach out to **Prevention Services Manager, Matthew Mitchell at mmitchell@somervillema.gov**.



*Powers Music School Performance
Wednesday December 22nd at 1:00pm
at the Holland Street Center.*

*Enjoy an afternoon of music performed by
Tev Stevig on guitar and Josiah Reibstein on bass.*

Grab and go meal available after the performance.

*Please RSVP to Debby at 617-625-6600 ext. 2321 or
dhiggins@somervillema.gov*



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Council on Aging

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